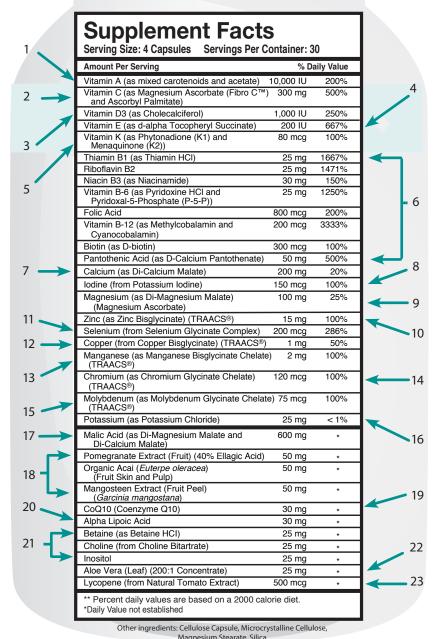


## Anatomy of a High Potency Multiple

Strike it rich! There's a nutritional gold mine in TyH's Multi-Gold<sup>™</sup>!
Collectively, these vitamins and minerals are the most bioavailable nutrients in one bottle.

- 1. Antioxidant. Maintains skin, vision, mucous membranes of respiratory & GI systems.
- 2. Major antioxidant for connective tissues, immunity, blood vessels & adrenal function. Vital for carnitine & norepinephrine synthesis.
- 3. Active form essential for calcium absorption for bones and teeth, neuromuscular and immune function. Helps protect breast, colon & prostate. Helps reduce inflammation.
- 5. Cofactor for blood clotting. Required by calcium for bone building.
- 7. Essential for bones & teeth, muscle contraction, heart rhythm & nervous system.
- 11. Supports CoQ10. Antioxidant for prostate, heart muscles & cell membranes. Critical roles in reproduction, thyroid hormone metabolism, DNA synthesis, and protection from oxidative damage and infection.
- 12. Zinc balancer. Iron metabolite. Part of SOD\* & ATP cycles.
- 13. Key mitochondria SOD\* antioxidant. Enzyme activator. Vital for cartilage & bone.
- 15. Essential trace element for life; critical cofactor to 4 enzymes required for health.
- 17. Part of Krebs cycle, vital for energy.
- 18. Bioflavonoids with antioxidant activity; supports Vit C & immunity.
- 20. Potent antioxidant. Recycles C & E. Assists blood sugar regulation. Strengthens liver.
- 21. Moves fats out of liver & blood for use or disposal. Betaine supports digestion.
- \* Superoxide dismutase



- 4. Bio-active antioxidant. Fights oxidative damage that contributes to disease & aging.
- 6. Works as a team to convert food into energy. Vital for nerve signals, brain function, healthy cells, tissues, skin & hair. Co-enzymes for hormones (adrenals, sex). Folic Acid protects RNA & DNA against birth defects. B6, B-12 & Folic Acid control homocysteine to protect heart. Niacin helps lower cholesterol.
- 8. Essential component of T3 & T4 thyroid hormones which synthesize protein, enzyme & metabolic activity.
- 9. Required for energy, heart muscle & nervous system. Cofactor in more than 300 enzyme systems to regulate biochemistry of sugar, bone structure, energy, nerve conduction, muscle contraction & more.
- 10. Vital for immunity, tissue repair & 100 enzyme reactions. Required as not stored in body. Balances copper.
- 14. Enhances insulin activity & directly involved in metabolism and storage of carbs, fats & proteins in body.

  May aid glucose/lipid control & improve body composition.
- 16. Electrolyte essential for fluid balance, heart electrical energy & blood pressure. Assists carb metabolism.
- 19. Antioxidant. Required for mitochondrial energy in every cell. Supports heart & neurodegenerative disorders.
- 22. Mild antioxidant and aids absorption of nutrients.
- 23. Carotenoid. Antioxidant against free radicals. Supports immunity.

## MORE than 40 HEALTH building nutrients!

Take good care of your supplements! Store in a cool, dry place away from heat and light. Use by expiration date to assure full potency. Fat Soluble Vitamins are listed in IU (International Units) except Alpha Lipoic which is both water and fat soluble.

Water Soluble Vitamins are listed in mcg & mg (micrograms & milligrams). These need daily replacing. Your body will discard what it does not use.

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Resource: Linus Pauling Institute Micronutrient Information Center & NIH Office of Dietary Supplements Health Professional Fact Sheets